

MILK, 2% Reduced Fat, Shelf Stable

for use in the USDA Household Commodity Food Distribution Programs

4/1/05

Product Description

Shelf stable milk is fresh milk which requires no refrigeration until the container has been opened. It has been processed using a method called UHT (Ultra High Temperature) which destroys bacteria, while preserving the flavor, taste, and nutritional value of the milk.

Pack/Yield

Shelf stable milk is packed in 1 quart (32 oz) aseptically sealed, brick-style cartons (like juice boxes). One quart yields four (4) – 1 cup servings.

Storage

- Unopened shelf stable milk can be stored without refrigeration for about six months off the floor in a cool, dry place.
- Once the container has been opened, it should be refrigerated like regular milk. Keep milk tightly sealed in its original container and consume within 5 to 7 days.

Uses and Tips

Shelf stable milk can be used in cooking and as a baking ingredient like regular milk, but it is often enjoyed as a beverage or over cereal.



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Nutrition Information

- 1 cup of milk counts as 1 cup from the **MILK GROUP** towards your daily recommended intake.
- A 1 cup of 2% milk is equal to one **milk exchange** from the **Diabetic Exchange**.

(See recipes on reverse side)

A serving of 2% reduced fat milk provides:

Nutrition Facts	
Serving size 1 cup (240mL)	
Amount Per Serving	
Calories 130	Fat Cal 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Cholesterol 18mg	6%
Sodium 100mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Protein 8g	9%
Vitamin A 13%	Vitamin C 1%
Calcium 22%	Iron 0%
Vitamin D 25%	

*Percent Daily Values are based on a 2,000 calorie diet.

Family Style Mac N' Cheese

Ingredients

7 oz pkg. elbow macaroni, cooked, drained
2 large eggs, beaten
2 cup 2% reduced fat milk
2 cup shredded sharp cheddar cheese (reserve 1/2 cup)
1 cup (4 oz) pasteurized process cheese spread,
shredded or cubed*
1/8 tsp dry mustard
1/8 tsp cayenne pepper

Recipe provided by Got Milk?

*recipe analysis based on 2% reduced fat shredded sharp cheddar cheese.

Directions

1. In 2-quart saucepan, combine milk and pasteurized process cheese spread; cook over medium-low heat, stirring frequently until cheese spread is melted.
2. Blend 1 1/2 cups shredded cheddar cheese and seasoning; mixing until cheese is melted. Remove from heat. Cool 5 minutes.
3. In lightly greased 2-quart baking dish, combine macaroni and eggs, mixing well.
4. Add milk and cheese mixture until well blended. Top with remaining cheese. Bake at 350 degrees, 34-40 minutes or until lightly browned. Makes 8 servings.

Makes 8 servings

Nutrition Information for Family Style Mac N' Cheese:

Calories	230	Cholesterol	92 mg	Sugar	3 g	Calcium	370 mg
Calories from Fat	117	Sodium	380mg	Protein	15 g	Iron	0.6 mg
Total Fat	13 g	Total Carbohydrate	11 g	Vitamin A	185 RAE		
Saturated Fat	7 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Quick Berry Smoothie

Ingredients

4 1/2 cups ice cubes
2 cups 2% reduced fat milk
1/3 cup white sugar
2 cups frozen mixed berries
1 teaspoon vanilla extract

Recipe provided by Allrecipes.com

Directions

1. Fill the blender 3/4 full of ice cubes.
2. Pour in the milk, sugar, berries and vanilla.
3. Blend until smooth.

Makes 6 servings

Nutrition Information for Quick Berry Smoothie:

Calories	160	Cholesterol	7 mg	Sugar	31 g	Calcium	108 mg
Calories from Fat	60	Sodium	50 mg	Protein	4 g	Iron	0 mg
Total Fat	2 g	Total Carbohydrate	34 g	Vitamin A	59 RAE		
Saturated Fat	1 g	Dietary Fiber	2 g	Vitamin C	63 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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